

## Tower Wood Kit List

Many items of clothing are likely to get wet. It is often underestimated how many warm clothes are needed to ensure that the activities are enjoyed, whatever the weather.

Plenty of: complete changes of clothes

old, thick jumpers (fleeces are particularly good)

pairs of old tracksuit bottoms or similar. Jeans are unsuitable for outdoor activities

pairs of thick socks

3 pairs of shoes (1 pair for indoors, e.g. slippers, 1 pair for outdoors, 1 old pair of trainers for use on the lake)

Woolly hat and gloves/mittens

Toiletries

2 Towels

Night clothes

Swimming costume

Shorts

Torch and batteries

Underwear

Plastic sandwich box

Sun hat/cream (summer months)

Plastic bags for wet clothes

Hand Soap (this is **only** provided in the communal bathrooms)

Any medication needed or mentioned on medical forms

Flask and water bottle

*This should be large enough to contain sufficient drink for a full day outdoors. We strongly recommend that group members bring a stainless steel (not glass) flask for hot drinks. Remember not to drink straight from the flask to avoid burns – use the cup provided on the top of most flasks.*

*Please discourage children from bringing mobile phones. The reception is very poor and a payphone is available for residents use. We strongly recommend that no electrical equipment or valuables are brought to the Centre. Due to sensitive fire alarm systems, please do not bring any aerosol products with you, other than asthma inhalers.*

If you have the following bring them with you, otherwise they will be provided:

Walking Boots

Wetsuit

Small Rucksack

Wellingtons

Waterproof top and trousers

**All other specialist equipment will be provided by Tower Wood.**